



Relaxed Imaging *and* Radiation

This self-guided imagery is most helpful if you can record yourself reading it and play it back. Use your smartphone or a voice recorder. Speak in a calm voice and a relaxed tempo.

In a place where it is safe to use this mind-body method to experience a calm inner peace... begin by setting your intention to achieve being calm and relaxed. That is, choose to be in control of your comfort... your inner comfort... as you let yourself experience a successful and therapeutic event. If a part of you is concerned about the closeness of the space around you or the movements that may occur... remember, one of the safest and most loving environments you first experienced in this life journey was in the nurturing womb of your mother. You are protected... You are safe... You are in control of your calm inner peace.

Let the sounds, sensations, and movements around you have your permission to serve your comfort. Use everything for your comfort. And in deepening your calm, everything around you may now serve a role in helping you detach and unplug and to direct your attention inward... to your inner calm. You can respond to the instructions asked of you, and easily remain at peace... perhaps even achieving a deeper peace each time there may be an interruption.

Now, as you let the procedure continue, give yourself something to enjoy. Scan your body from head to toes. Locate any place within your body that has learned to hold tension. Now, assign each inhalation of breath to gather up some of the tension, and then let each natural exhalation release it from your body. Imagine the exhaled breath taking the tension farther and farther away... out into the atmosphere... accelerating past the clouds... beyond the stratosphere and the gravitational field of the earth... out past the planets... now in deep space. Each breath is now a relaxation breath. You are relaxing deeper and deeper. You are now calm, relaxed, and at peace.

You can now choose to make this procedure take on all the energy of a healing event. Healing is happening now. Everything is energy. You are receiving a beam of energy. Imagine how well that energy beam is correcting, balancing, and healing your body.

Now, as I count from 10 down to zero, you can take my voice with you as a background sound... 10... going deeper... letting go... 9... 8... images of deepening your calm inner peace... 7... 6... 5... 4... 3... 2... 1... 0... drifting, floating...

HYPNOSIS FOR RADIATION TREATMENT

Some patients who need radiation treatment are claustrophobic. Hypnosis can be very helpful in their treatment. Some patients were unable to initiate radiation therapy because of significant claustrophobia and anxiety.

For an even slightly claustrophobic person, radiation therapy can be daunting. After entering a windowless room behind thick walls, the patient is restrained on a table in a frequently uncomfortable position. Teaching patients to use self-hypnosis during radiation can make a significant difference.

Source: Steggle S. The use of cognitive-behavioral treatment including hypnosis for claustrophobia in cancer patients. *American Journal of Clinical Hypnosis* 41(4):319-26, 1999.



Let your imagination become a focused beam of healing power, like a magnifying glass focuses and intensifies a beam of light... healing ideas and images are concentrated and delivered to every cell of your body. Each of the 50-70 trillion cells resonates... vibrates... to the intentions of your thoughts. Every thought, every image is a thing, an energy that ripples waves of healing messages and intentions... now moving through every cell of your body.

You've rehearsed this experience of comfort and healing very well. You are doing very well. You must accept the credit for all that you are doing and achieving with this mind-body experience. This belongs to you now. You have been in control and remain in control of what you choose to create within your thoughts, ideas, and imagination.

And isn't it interesting to discover abilities within you that you did not know yet... Isn't it pleasant to discover that you now know how to use the power of your mind and imagination for comfort, confidence... and a deep sense of inner peace. Everything you needed to use this learning was always within you.

When it is time to return to a comfortably alert waking state, use my voice as I count from 1 up to 5. As I count 1... 2... begin to feel your body awakening with refreshment and comfort... 3... returning to the room, the place, and time... 4... becoming pleasantly alert and awake... and now at 5 you open your eyes, refreshed, with a confidence and assurance that you accept all the credit for doing this so very well.

ABOUT THE AUTHOR

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Learn more about hypnosis from the American Society of Clinical Hypnosis: www.asch.net